

HOW TO INCREASE MILK SUPPLY

Every mother should realize that her milk is adequate enough for her baby if she nurses often and regularly. Put aside any comment from people who tell you that you do not have enough milk to feed your baby exclusively for the first 6 months. Please bear in mind that the amount of breast milk expressed does not indicate the quantity that your body actually produces. The best breast pump in the world is still the baby and we cannot count how many ounces does a baby take in one feeding. There are indicators to ensure the baby get enough milk from the mother. Please refer to the article "A guide to successful breastfeeding" in this website.

Many mothers encounter low milk supply after a few months of exclusive breastfeeding. Bear in mind that "exclusive" here means that no other liquid or solid from any other source enters the infant 's mouth (please read the article "What is the definition of Breastfeeding"). I had the same problem with my first child. After 5 months there was a decrease in the amount of expressed milk that I pumped. But my baby was never fussy when he was at my breasts. I had a problem filling up my bottles for the expressed milk. So I thought my milk supply was diminishing. I consulted many Lactation Advisers including the La Leche League Consultants (Singapore & Malaysia), which gave me tips and information on how to actually increase my milk supply. They also told me that the amount expressed does not equal the amount produced by our body. As long as the baby is feeding well and growing well, there should be no problem with the milk supply. But I needed to express milk for my baby when I was at work. So, here are some of my so-called remedies which I have tried myself to encounter this problem.

- 1) Consume certain food and drinks – for example Japanese green tea, chlorophyll drink, pucuk manis, ulam pengaga, papayas, dates and many more (Please refer to www.mymomsbest.com for more information about this)
- 2) Feed on demand and not the clock.
- 3) Nurse every chance you have even if the baby does not initiate it.
- 4) Express milk after feeding the baby. You are actually telling your body to produce more.
- 5) Get enough rest, calories and fluids. Don't worry about dieting since nursing mothers usually get back in shape faster than mothers who bottle-feed their child.
- 6) For working mothers, nurse baby the last thing in the morning (before going to work) and the first thing in the evening (right after coming back to work) and allow the baby free access to the breasts when at home and during weekends.
- 7) Do not use pacifiers.
- 8) If possible, use double pump. Double expression considerably reduces pumping time and promotes milk production. Research shows that double pumping increases the prolactin levels.
- 9) Pump more at work. Instead of 2 pumping sessions add one more session.



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- 10) Relax.
- 11) Spend your weekends by direct feeding your child fully. If you are relactating, this is a must (especially for working moms).
- 12) Pump on one side while feeding baby on the other. This approach works for younger baby (less than 6 months old).
- 13) Co-sleep at night. When baby sleeps with the mother he/she can smell the milk and tends to wake up for a few feeding sessions at night. This will promote milk production. Never miss a night feed. Some women are tempted to let someone else feed the baby using the bottle because they want to rest. No, no, no! (I cannot emphasize this enough)
- 14) Taking supplement for example Motilium and Perimperan (prescribed by doctors) or herbal tea like EarthMama Milkmaid Tea and Lactare or certain Javanese herbal tea.

There are several useful links that you can use as references on breastfeeding particularly on how to increase or maintain milk production.

- www.lactinv.com
- www.kjsl.com
- www.mymomsbest.com
- www.kellymom.com
- www.breastfeeding.com

Do not be discouraged when you can only get one or two ounces per pumping session. If you cannot express enough breast milk at work, try pumping during the weekends or after each feeding. Most importantly, try to relax and be confident that you can provide enough milk for your baby. It is all in your mind. Good luck.

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